



Republic of the Philippines
Department of Education
REGION IV-A CALABARZON
CITY SCHOOLS DIVISION OF BIÑAN CITY

SECOND QUARTER
HOPE 3 WEEK 1-2



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Participating in MVPA is not just a simple activity or exercise. One has to prepare himself or herself as well as the necessary things to bring to avoid unwanted incidents like dehydration, overexertion, hypothermia, and hyperthermia. So here are some things to do and to bring to avoid those injuries.

What to bring?

- Water
- Extra clothes
- Extra clothes Towels and caps

What to do?

- Prepare yourself. Know your limits so as not to overwork your body. Overworking your body might put your life to a threat.
- Drink a lot of water. Do not wait to feel thirsty. If you know have sweat a lot already drink water immediately
- Change clothes. Do not let the wet cloth dry up in your body.
- Use towel. Use towel to wipe out excessive sweating.

Moderate to Vigorous Physical Activity (MVPA)- This activity refers or includes activities which spans from moderate physical activities. Brisk walking or bicycling and jogging, aerobic dance or bicycling uphill are moderate and vigorous activities respectively.

Dehydration- Dehydration happens when the fluid in your body is used or lost more than the fluid you drink or intake. Your body now does not enough water or fluid to do its normal functions, hence, you get dehydrated. Anyone may become dehydrated, as to the people who are more at risk, young ones or children and the older adults are more at risk.

Overexertion- This refers to the pressure one put in himself or herself, too much pressure that leads to a simple discomfort that might extend to more worse, injury.

Hypothermia- This happens when the body loses temperature particularly heat faster than the body is able to heat up. A person suffers hypothermia when his or her body temperature drops below 35 degrees celsius.

Hyperthermia-the opposite of hypothermia. Happens when the body temperature rises up significantly beyond the normal temperature which is 37 degrees celsius. Hyperthermia like hypothermia can threaten life too.

What are the safety protocols in dancing?

Drink plenty of water before, during and after dancing. Wear layers of clothing that you can take off as your body warms up. Wear professionally fitted shoes



appropriate to your style of dance. Proper dance shoes distribute load, absorb impact, and support your foot.

What is safe dance practice and why is it important?

One of the inherent aims of safe practice is to reduce the risk of injury, but dance is a physical activity, so it is impossible to prevent it ever happening. Therefore, it is important to know how to cope should an incident occur while dancing.

Dancer Health Tips:

Exertional Heat-Illness and Dehydration Dancers can find themselves in a variety of challenging performance situations. During exercise, sweating is usually the primary mechanism of body cooling. The evaporation of sweat from the skin's surface assists the body in regulating core temperature. If the body cannot adequately evaporate sweat from the skin's surface, core temperature rises rapidly. A side effect of sweating is the loss of valuable body fluids. The rate of fluid loss is related to exercise intensity, individual differences, environmental conditions and adaptation to them, clothing (costumes and dance clothes), and baseline hydration status. Dehydration of 1% to 2% of body weight begins to compromise bodily function and negatively influence performance. Dehydration of greater than 3% of body weight further disturbs physiologic function and increases an athlete's risk of developing an exertional heat illness (ie, heat cramps, heat exhaustion, or heat stroke). For treatment of symptoms of heat illness, place ice in the armpits and groin region to help cool the core temperature quicker than placing ice on the extremities. If the symptoms below do not resolve, you should seek medical attention.

Recognition of Heat Illness

- Dehydration thirst • Sweating & fatigue • Muscle cramps • Heat exhaustion • Elevated core body temperature • Dizziness or lightheadedness • Headache • Cool, clammy skin • Drowsiness or confusion • Irritability • Hot and wet or dry skin • Nausea or vomiting • Rapid pulse or heart rate • Possible loss of consciousness

Tips to Reduce Your Risk of Heat Illness

- Be aware of heat illness symptoms • Keep hydrated • Monitor weather and temperature conditions • Modify activity and take more frequent breaks • Wear clothing appropriate for the heat • Match fluid intake with sweat and urine losses • When the body is properly hydrated, urine output is clear/light and color should be monitored between performances to avoid the cumulative impact of dehydration over time. • Use sports drinks in extreme conditions to replace electrolytes • Use cooling fans or air conditioning.

Adequate hydration is crucial to preventing dehydration. Calculating the amount of fluid consumption required depends on the amount of fluid that is lost during activity. Generally, you should drink 23 ounces of water for every pound of body weight lost to adequately replace fluid losses within 2 hours of completion of activity. You should also be adequately hydrated prior to rehearsal/performance. Keep in mind that it is also important to stay hydrated during rehearsal and performance as well. Both air temperature and the relative humidity can contribute to heat illness. Other considerations for the dancer are lack of air motion and other sources of radiant heat such as stage lights, etc. A performer can increase their risk factors for dehydration when costuming prevents evaporation or absorbs heat, acclimatization to the region



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has not occurred, rest is inadequate for exertion levels, or a concurrent illness or medications impact their health status. In some cases, a rehearsal or performance may need to be cancelled because of the risk of heat illness. Before Rehearsal/Performance During Rehearsal/Performance After Rehearsal/Performance 7.5 - 10 oz. of cool fluid, 2-3 hours prior. 6 - 7 oz. of cool fluid, 10-20 min prior. Drink 6 – 8 oz fluid for every ½ hour of activity Drink 23 oz. of cool fluid for every pound of body weight lost during activity. Fluid intake should occur within 2 hours of activity. Heat stroke possible with prolonged exposure and/or physical activity.



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